***Buteyko Breathing: An Introduction***

***4-5th May 2019***

**Weekend Workshop BALINGUP**

Facilitator: **Miranda Divine**, Buteyko Breath Centred Healing

ABN 59822468085

***Buteyko*** is a complementary therapy taught for the relief of asthma, sleep apnoea, allergies, migraine headaches, fatigue, stress and anxiety. The Method was developed by the late Russian Doctor Konstantin Buteyko. ***Miranda*** is a Bunbury based practitioner with over 20 years experience in the method, which is recognised by the NHS in the UK for its effectiveness.

This weekend workshop will be held at the Origins Centre in Balingup.

Accommodation is available or day visitors are welcome to attend all sessions.

Please book accommodation through the Origins centre as places are limited.

**TIMES: 10am – 11.30 Saturday**

 **2.30 – 4pm Saturday, and**

**Sunday 10am – 11.30 am.**

**VENUE: please lookup the Origin Centre for directions and values.**

**PRICE: By donation for 3 sessions**

**Private Sessions charged at a rate of $30 for 30 minutes, (special weekend rate only).**

**BOOKINGS: *Miranda Divine* 0418 948 017**

 **mirandadivine@optusnet.com.au**